



Play it Safe!® is a personal safety curriculum that is designed to teach children how to be safe from physical, sexual and emotional abuse. There is a separate and specific presentation designed for each grade Pre-K through 12th grade.

The presentation format is auditorium-based for elementary and classroom-based for middle school and high school, so that children are in a familiar environment and able to focus and interact freely. Each presentation can be tailored to fit the environment's needs. Each presentation lasts approximately 30 minutes to one hour and includes an age-appropriate script and 10–15-minute video.

Through age-appropriate stories, elementary school students learn to recognize the three (3) kinds of touch. Students are empowered with tools to respond using the 3-part safety rule if they are ever in an uncomfortable situation. This safety rule can be applied to many situations that students may encounter on a daily basis, such as bullying and online situations, peer pressure, or exploitation by friends/family. The safety rule encourages assertive responses, whether it is used with strangers or someone the child knows and loves. Without body safety, education in our schools often times a child is only receiving one message and that from their perpetrator of, "do not tell!" Whereas we are telling them you can tell, it is not your fault, and it is never too late to tell a safe adult, even if it might seem scary.

Several concepts are reinforced throughout the school programs:

- There are three types of touch: Safe, Unsafe, Confusing (private parts). Please note that private parts are NEVER named, and this is no way sexual education
- Use the 3-part safety rule: Say No. Get Away. Tell A Safe Adult.
- It is never too late to tell
- Healthy relationships and boundaries

Relative Facts:

- Play It Safe is currently accepted in Canyon ISD, Amarillo ISD, Hereford ISD, Pampa ISD, Kress ISD and Hart ISD
- 2022-2023 School Year: 4,077 children educated
- 2023-2024 School Year: 6,082 children education
- 2024-2025 School Year: 5,903 children education

To schedule a viewing of a Play it Safe program, or to schedule your school's program, please contact The Bridge Children's Advocacy Center at:

806-372-2873      [bridge@bridgecac.org](mailto:bridge@bridgecac.org)

For more information go to [www.playitsafe.org](http://www.playitsafe.org)

### **Elementary School Curriculum**

- Pre-K "Tick Tock Plays it Safe!"



- An easy-going tone is quickly set for this age level by capturing the students' attention early in the presentation with an animated video. Afterwards, the points introduced in the video are reinforced, and Joe and Suzy dolls provide a visual aid. Children are encouraged to take home a coloring book to discuss what they learned with family.
- Kindergarten "Tick Tock & The Twins."
  - The program expounds upon the Pre-K message with an interactive discussion on safety rules. Concepts such as "strangers" are defined and students name trusted adults that they could talk to if they had a problem. Students learn that there are times when there is a REASON for touching, and those situations are not secret, and are okay. Joe and Suzy dolls and coloring books boost the message.
- 1st grade "Mae Shares a Secret."
  - Storytelling and the use of Joe & Suzy dolls further expound upon the Play it Safe!® concepts. Interspersed in these scripted stories are scenarios that help children process what action they could take, or how a character might feel. Stories portray the difference between discipline and unsafe touch, and coloring books reinforce this message.
- 2nd grade "Bentley's Big Production!"
  - Because the message is delivered through humor in the video, the curriculum increases student interaction through questions & information processing to ensure comprehension of this important message. Joe and Suzy dolls are used once again to emphasize the message.
- 3rd grade "Vat Would You Do?"
  - In addition to the basic premise, internet safety is addressed as well as what it means to give out "personal information". Additionally, the concepts of "taking advantage" of someone and bullying are explored. Discussion includes how difficult it can be when someone you care about asks you to keep a secret that you don't want to keep, and how telling a trusted adult is the right thing to do.
- 4th grade "Chase Steps Up."
  - Recognizing a slight shift in maturation of fourth graders, internet safety is more deeply examined. Discussion addresses how gaming with or meeting someone online might feel safe when that person appears to have the very same interests. However, it is still a stranger, and caution should be taken just as if meeting a stranger in person. Taking safe action as a bystander to bullying is also introduced.
- 5th grade "Aiden's Discovery."
  - Internet safety further examines how someone can pretend to be someone they are not, even through photos and video. The safety rule can be adapted when there are confusing or potentially threatening online situations. By knowing what is okay and what is not, students are empowered to take action.

\*\*Pre-K to 1<sup>st</sup> grade - Joe and Suzy dolls wear swimsuits under their clothes, and are utilized when talking about "private parts" being the parts of our bodies covered by a swimsuit. \*\*

This Middle school programs are age appropriate and topic specific. These topics address the themes that teens deal with on a regular basis.

### **Middle School Classes**

- “It’s Harassment!”
  - Respect for others is the first and vital step. This program builds empathy by tackling issues such as appreciation of our differences, bullying, cyberbullying, safe bystander intervention, and flirting vs. sexual harassment.
- “Survivors.”
  - The concepts of being taken advantage of and of being assertive, online sharing of personal information, touch and the safety rule are repeated, but in a way that speaks to this level of maturity. Students re-examine who are the trusted adults with whom they could talk.
- \*Sexting & Cyberbullying - You Can’t Take it Back!”
  - Ever-changing technology will impact this and future generations beyond comprehension. Some teens are engaging in behaviors that have potentially serious consequences. The goal of this program is to educate about the consequences that exist as a result of sexting and cyberbullying. Those consequences can be emotional and/or legal. Although laws vary by state, and will likely continue to change, teens are discouraged from taking an unknown risk. They are encouraged to think BEFORE creating or forwarding anything sexual through electronic means. Sexting and cyberbullying are defined and the roles of bystander, victim and perpetrator are examined.
- “An Abuse of Power.”
  - This addresses a difficult topic that, unfortunately, affects many individuals, as well as their loved ones. Child sexual abuse is perpetrated upon not only young children, but also youth of all ages. In an age-appropriate manner, this presentation addresses using power and control to sexually abuse a minor. It identifies tactics that perpetrators might use to groom an individual, as well as his/her family and community. Many victims of child sexual abuse not only know, but trust and care for the offender. For that reason, most never tell anyone about the abuse. An Abuse of Power empowers individuals to identify tactics and speak out against the abuse. This program emphasizes that a victim is never to blame, why it’s important to report this crime, and that victims can become survivors. Play It Safe Overview



## High School Curriculum

This High school programs are age appropriate and topic specific. These topics address the themes that teens deal with on a regular basis.

### High School Classes

- “Relationships: Paint Them Healthy.”
  - Whether dating yet or not, our goal with this theme is to help teens assess the characteristics of a relationship, and make deliberate choices as to what kind of relationship they want. All of us learn about intimate relationships from the household in which we are raised, from other family and friends, and from the media. Yet, with so many destructive relational aspects being portrayed, it may be difficult to know how a healthy relationship should look. This presentation addresses healthy and unhealthy aspects of a relationship, including; mutual respect, boundaries, jealousy and control, how to break up, and communication skills. Regardless of what we have seen and learned growing up, we can gain the tools to make a conscious decision about the kind of relationship we want.
- “Abusive Relationships: Seeing the Signs.”
  - Research confirms that as many as one in five adolescent females and one in ten adolescent males have been abused physically or sexually by a dating partner. This places them at a higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence. Violence is a learned behavior, but with work, can be unlearned. It typically follows a continuum, accelerating from emotional/verbal abuse in the form of continuous manipulation, humiliation, control, jealousy, obsessive texting, and stalking, to physical and/or sexual violence. This program’s goal is to alert teens to the signs of dating violence, and encourage them to make a conscious decision about the type of relationship they desire.
- “It's Called Rape!”
  - Both girls and boys receive mixed messages about sexuality and what is expected of them. Coercion is often times masked as love. This presentation examines consent from both an emotional and legal stance. It calls non-consensual sex just what it is – rape, and the program is thusly named. It can be perpetrated against either gender, by either gender. Students are alerted to high-risk behaviors, non-stranger assault, victim blaming and communication. As always, students are assured that people can and do heal.

